



HORNSBY NORTH PUBLIC SCHOOL

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Dear Parents,

Thursday, 4th April 2024

8-12 YEARS SCHOOL CROSS COUNTRY

Just a reminder that our school Cross Country for students turning 8-12 years, will be run at Rofe Park on Friday 3rd May 2024, commencing at 10:30 am approximately. Children are requested to come to school as usual so the roll can be marked and then they will walk with teachers up to Rofe Park. There will be no specific time set aside for recess or lunch, and children are requested to bring their food on the day.

Children will need to wear sports uniform and comfortable running shoes. They should wear a school hat, have sunscreen and a drink bottle (no glass or cans). There will be **no** canteen facilities available.

We will return to school by 1:45pm.

The juniors (8,9,10 years) will run 2km and the seniors (11,12 years) 3km. We expect all children to participate, at least by running/walking the course once (1km). Please send a note to your child's class teacher if they are unable to do this. Parents with children who have asthma or other illnesses are requested to ensure the school has a copy of the latest doctor's management plan, together with any special requirements for the Cross Country.

Kind Regards

Chad Lawrence
Sport Coordinator

Matt Pinchbeck
Principal
